

"pangs" of "patterns"
[ALHAMDULILLAH]

3. It seems that I am
more blessed than I
realised, [Alhamdulillah]

4. The more I remain the
"son of the moment"
(and immediately avoid
dwelling in the past,
and ignore getting concerned
by possible future events),
then (almost immediately),
I get relief from the
"patterns issue".

5. It is only when I dwell in
thinking of future events and
past worries that the "patterns"
issue is exacerbated; and if